



News & Views

A Newsletter for Families at the University of Victoria



October 2009

Issue 145

UVIC Family Centre
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Check out our complete
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web.uvic.ca/family-centre

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NEWSLETTER

EMMA CHALIFOUR

Family Centre Hours

Tuesdays 9am-5pm

Playgroup
10:00am-12noon
After School Club
3:20pm-5pm

Wednesdays 10am-2pm

Playgroup
10:00am-12noon

Thursdays 1-3pm

Culture Club
1pm-3pm

Fridays 10am-12noon

Playgroup
10am-12noon

National Family Week 2009

October 5 - 11

Jump into Family Fun!

The theme for this year's National Family Week, *Jump into Family Fun!*, provides an opportunity to celebrate and promote the many different ways families have fun together, nurturing their physical, spiritual and emotional health.

What do you do as a family? Go for a nature walk, have a movie night, play a board game? As families, we all engage in many activities together, sometimes without really thinking about it. Families with young children know the need for keeping little ones busy and often find themselves presented with an overabundance of activity options. As children get older and more independent, it can become a challenge to find activities that meet the needs of everyone in the family. It's important to recognize that "family fun" comes in many forms.

Being physically active together benefits both heart and soul. It's so easy to tell your children to get outside and enjoy the fresh air, but why not go with them? A bike tour of your neighbourhood, a skate on the local rink, or even a game of tag in the park are simple ways to incorporate active living into your family lifestyle.

Perhaps your family pitches in with household chores or re-connects with a sit-down dinner. While not everything you do as a family might be considered "fun", often the fun will follow. Being together creates opportunities for sharing – what you did that day, a funny story, a good joke. Whatever you do, celebrate it. Keep doing it. Discover other ways to connect.

Please join the Canadian Association of Family Resource Programs (FRP Canada), together with our National Family Week Partners, as we *Jump into Family Fun!* During **National Family Week, October 5-11, 2009**. For more information please call FRP Canada's toll-free number (1-866-637-7226) or check the National Family Week website at www.frp.ca/nfw for some great ideas from our National Family Week partners.

Halloween Party

Campus Security and the Family Centre invite all UVic families to come

In Costume

Saturday, October 31 4:00 – 6:00 pm

Hot Dogs – Hot Chocolate – Treat Bags

On The Great Lawn in front of
the Family Centre



Come and celebrate National Family Week with the UVic Family Centre.

On October 6th we are having a Family Parade. We will be meeting at the Family Centre at 3:30 where we can decorate our bike or scooters or finalize any costumes, noise makers, flags or signs that will let everyone on campus know how important families are. We will leave the Family Centre at 4:00 and take our parade onto campus and we will then return to the Family Centre for drinks and a snack. Come Celebrate Families with us.

Hi! My name is Cindy Pfleger. I am in my 3rd semester of Camosun College's Community, Family, and Child Studies Program. I am looking forward to spending my first practicum with the UVic Family Centre. I will be helping Kathleen and Miki with their Tuesday and Wednesday morning toddler programs, and I get to spend time with Dana and the after-school kids on Tuesday afternoons. Already in my first two weeks at the centre, I have felt welcomed and have enjoyed meeting many of you. Wish me luck as I sing, paint, read and play with all the kids who come through the Family Centre's doors!



Sustainability Discussion Circles

Meet with others at UVic to discuss practical ways for making our lifestyles and communities more earth-friendly and sustainable.

What are the Sustainability Discussion Circles??

The circles are a great opportunity for you to discuss ways to reconnect with nature, simplify one's life and live more sustainably. It's also a great way to connect with others to build a more earth-friendly human community:



Discussion Circles have 6-10 participants who meet once a week for 1.5 hours for 7-8 weeks. Each week we discuss a chapter from the resource books; no exams, no papers, just great conversation and ideas; looks great on resumes and grad school applications; we finish with a potluck at the end of the 8 weeks.

Discussion Circles are offered by UVic's Interfaith Services in association with the Canadian Earth Institute. For more information, or to join a group, contact Henri Lock at hlock@uvic.ca

An important message from Health Services regarding Influenza A H1N1

Influenza A H1N1 is a respiratory infection caused by a virus. Unlike the common cold which progresses slowly, influenza is the **sudden** onset of cough, fever, body aches, nausea, vomiting and or diarrhea. Minimizing your risks is the key strategy for keeping the flu bug at bay and keeping your family healthy.

- Wash your hands frequently and often. Singing "Twinkle, Twinkle Little Star" or reciting the "ABCs" is the length of time for each hand washing session.
- Avoid touching your face
- Cough and sneeze into your arm or sleeve and wash your hands
- Keep your immune system strong and in fighting form by eating nutritious meals (including lots of fruits and veggies), daily exercise (minimum 30 minutes a day), and getting adequate rest/sleep
- Avoid close contact with people who are sick

If you or your child becomes ill:

- Children and adults who are sick should stay home. **Do not send children to school or daycare.**
- Drink lots of fluids (juice, water, Pedialyte).
- Get plenty of rest.
- Keep your child comfortable. Cool baths and cool wet wash cloths can aid in comfort if your child has a fever
- Acetaminophen as needed for aches/fever. Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.

Call Health Link BC at 8-1-1 if you have symptoms or concerns, and speak to a nurse anytime of the day or night.

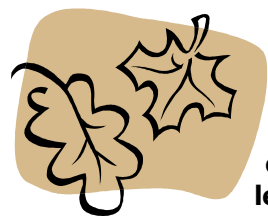
Seek medical advice for:

Severe vomiting and or diarrhea; high fever (over 38.5 C or 101 F) for over 24 hours; thick, coloured or bloody sputum; breathing problems; bluish hue to your child's lips/ skin; chest pain; difficulty swallowing fluids.

For translated information on influenza A H1N1 visit www.healthlinkbc.ca

Seasonal flu shots will be available at Health Services (end of October). Stay posted for future Influenza A H1N1 immunization clinics. For more information visit www.uvic.ca or www.health.uvic.ca *Be well! The staff at Health Services*

Miki's Corner



Yes, it is officially autumn even though it feels like summer. During the month of September the children have been learning about colours. The first two weeks of October we will be talking about ways to keep our teeth healthy in preparation for a visit from the Dental Hygienists on October 13th. For the remainder of October the colours of autumn will be explored.

SIX CRITICAL LIFE MESSAGES FOR PARENTS TO GIVE CHILDREN (By Barbara Coloroso)

1. **I believe in you**
2. **I trust you**
3. **I know you can handle it**
4. **You are listened to**
5. **You are cared for**
6. **You are very important to me**



United Way
OF GREATER VICTORIA

It is the time of year when the UVic community supports the annual United Way Campaign. The Family Centre would like to remind you that when and if you choose to donate that there is the option of "Designating" your contribution, or a portion of it, to the work that is done at the UVic Family Centre. Thank you!

We Would Like To Hear From You!

The UVic Family Centre is looking for feedback about our programs. Please take time to fill in this survey that will help us to provide quality programming for participants. Many other family resource programs across Canada are also answering these questions in order to build a picture of family resource programs nation wide. Your information is provided anonymously. If you would prefer to complete a paper version - copies will be available at the UVic Family Centre. They will be collected and entered in the system.

If you have any questions please phone 250-472-4062 or email familyc@uvic.ca We will do this only during the month of October. Thank you for your help with this project!

<http://e-valuation.frp.ca/pub/e/index.php?ORG=257>

Calling All Victoria Car Share Members....

If you are a family who currently uses the Victoria Car Share Co-op and would be willing to be interviewed for News & Views, please contact Emma at fcnews@uvic.ca. Thanks.



Conversation Cafés

These are offered by the International and Exchange Student Services (IESS) and run every Tuesday from September 22nd – November 24th. They are held in Clearihue Building, room D132 from 3:30-5:30pm.

A trained ESL instructor, two teachers in training and native English speaking volunteers will be available at each Conversation Café to help international students work on improving their English language skills. Topics discussed may include current events, pronunciation, casual vocabulary, making sense of strange Canadian slang and idioms, conversation starters, Canadian culture and cross-cultural differences. Tea and cookies will be served too!

Contact iess@uvic.ca to register. Please note that registration is limited to 16 students, so register early if you wish to attend. You are welcome to register for as many of the Conversation Cafés as you would like to attend. You are not obliged to come every week, but you must register for each Conversation Café you plan to attend.

*For more information please contact: Tia Robertson (Student Advisor) Tel 250-472-5422 Email trobert@uvic.ca
All IESS events are listed at www.iess.uvic.ca/events.html.*

Do you have a Bar-B-Que?



We are looking for a movable Bar-B-Que to help out with the Hot Dogs for the Halloween Party. If you live in Family Housing and could roll your bar-b-que up we would be the ones to provide the fuel, the cooking and the cleanup. **Please leave a message at familyc@uvic.ca or tel: 250-472-4062.**

Dental Program Coming to the Family Centre

**Wednesday October 14th
10:00 - 12:00 am**

This is an opportunity for parents and their children, aged 5 years and under, to talk with the VIHA Dental Program and learn about the best ways to help your children look after their teeth.

There will also be a chance to have your child's teeth screened. Please phone to let us know that you are coming – we will need the names and ages of your children, your name and telephone number.

Ph: 250 – 472 – 4062

Programs and Events

A great way to get connected!



Playgroups:

On Tuesday, Wednesday and Friday mornings the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:00-12 features a popular music and movement program. Wednesday and Friday mornings from 10:00-12 are more of a crafts time, relaxed with toys, games, and friends for the kids to play with. Wednesday and Friday morning end with a ten minute circle time.

After School Club:

Tuesdays from 3:20 – 5pm. The After School Club is a great place to meet other kids whose parents are UVic students and enjoy some fun and games.

October 6th ~ National Family Week Parade

October 13th ~ Piatas and Paper Mache

October 20th ~ Piñata decorating

October 27th ~ Halloween Party with pumpkin carving

We are always looking for new ideas for the After School Club so if any adults or older teens have a talent or expertise they would like to share with this group please Call or e-mail Dana at (250) 472- 4062 or familyc@uvic.ca

Culture Club Schedule

The Culture Club welcomes members from diverse cultural backgrounds and meets on Thursday afternoons from 1:00 to 3:00pm. Its purpose is to support international and new Canadian student families.

1st October ~ Cooking, by Zohra (Pakistani dish)

8th October ~ Talk by Settlement Worker, Nasim Ahmed

15th October ~ Tie Dye fun, with the help of Dana

22th October ~ Talk on "my favourite place to visit in my country". I will talk about "Cox Bazar" in Bangladesh. Each month, the talk will be on a different country.

29th October ~ A gentle walk to a nice spot in UVic (provided the weather is good). We will sing popular lullabies or rhymes in different languages as our activity.

Who to call...

Housing Office	721-8395
Family Centre	472-4062
Maintenance Line	721-8650
Maintenance (Emergency)	721-8658
Health Services	721-8492



Community Events

Saturday 3rd October

Story Festival: Join Esquimalt Recreation and Esquimalt Branch Library for a festival in the plaza. Storytellers will delight and entertain children of all ages. No registration required. 10:30am—1:30pm. FREE. Call 250-414-7198 for more information.

9th Annual Breastfeeding Challenge: READY, SET, SUCK!

Moms and children will gather at SilverCity to set the world record for the most children nursing simultaneously. Doors open at 10am. Hosted by A Channel's Maggie Cox. Special guests include Chief Medical Health Officer Richard Stanwick, Eva Bild of the Mothering Touch Centre and Layla Cochrane of Baby Signs. Admission is free.

Dad's Drop-In: Saturday mornings from September 5th 2009 through to April 24th 2010. Saanich Neighbourhood Place is offering a free play zone for male caregivers and their children aged 0-5 years to relax and play. Including outdoor playground, toys, kindergym, pancake breakfasts, stories and coffee. They are located in Pearkes Recreation Centre, 3100 Tillicum Road. For additional information call Saanich Neighbourhood Place Office at (250) 360-1148 and ask for Jordan Czop.

Sunday 4th October

Family Scavenger Hunt & Hike: 1:00-2:30pm. Let your child try their hand at Ecology Bingo, Identify the Alien Species, and other family friendly activities. Enjoy an afternoon of fun and discovery at we scour the lower slopes of Mount Douglas Park. Meet beside washrooms in main parking lot, end of Ash and Shelbourne.

Tuesday 6th, 13th, 20th and 27th October

Speakwell Conversation Club: Tuesdays 7-8:30pm. FREE. Practice your English in small and informal group discussions with Canadian volunteers. This is an ideal program for immigrants and international students to meet new people and learn about other cultures. Call 250-475-5407 for details.

Friday 23rd October

Out 'N About Pro-D Days: 6-12 years. A safe, supervised, action packed day full of exciting activities in the morning followed by a fun swim time in the afternoon. Royal Oak Middle School. 8:30am - 4:30pm. Call Gordon Head Recreation Centre for more details. 250-475-7100

Saturday 24th October

PJ Party: Let our experienced leaders entertain while you have a night out! Toys, games, crafts, snacks, movies and more! Pearkes Recreation Centre. 6:00-10:00pm. 4-8year olds. Cost:\$20. Call Pearkes Recreation Centre for more details. 250-475-5400

Teeny Hallowe'eny: 3-5 year olds. Face Painting, spooky craft stations, spider slime and Halloween games. A fun filled event your preschooler will never forget. Call Pearkes Recreation Centre for more details. 250-475-5400